

# VR RELAXATION PACK

2026.1

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# WHAT IS NEEDED?

Please make sure the PC where you want this module to be active have VAST.Rehab Patient Panel installed and that the following hardware requirements are met:

- Meta Quest 3
- Meta Quest 3s

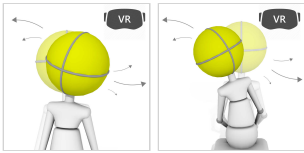


# FUNCTIONAL MOVEMENTS

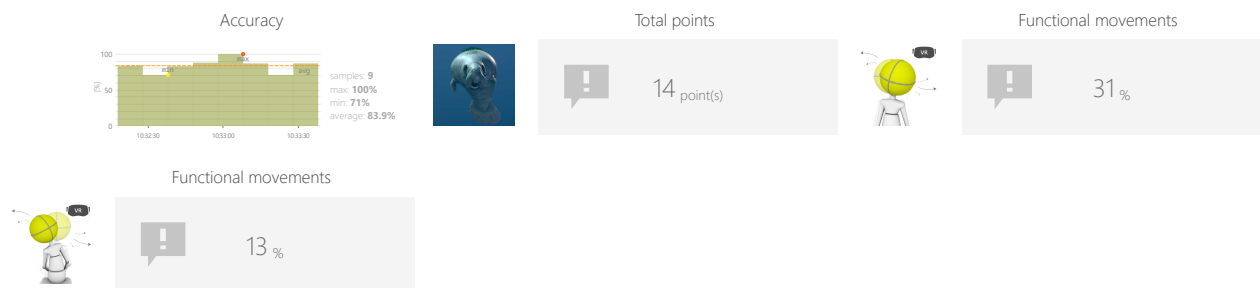
## SEA CREATURES

Measure and train individual's skills to perform movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

## CONTROL MODES



## RESULTS



## ADJUSTMENTS

- Task duration

## OBJECTIVES

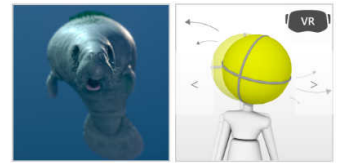
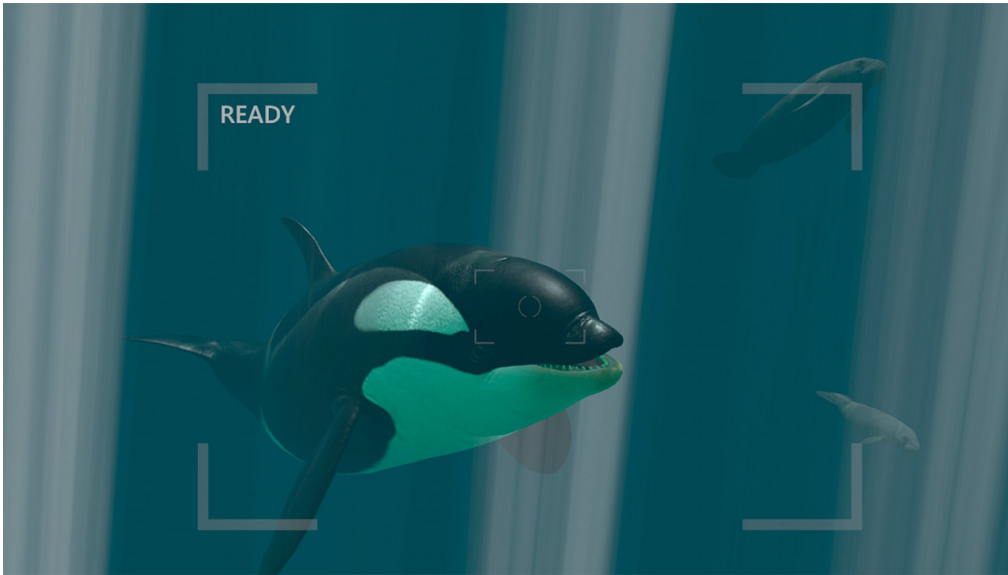
- Perceptivity
- Relaxation
- Visual motor coordination
- Spatial Awareness

## INSTRUCTION FOR PATIENT

Feel the experience of swimming in the deep sea surrounded by friendly sea creatures. Capture photos to make them react and swim closer. Aim well for a higher photo score! Using controllers: press the primary index trigger or A/X button. Using hand tracking: bend your index finger, or touch your thumb to your index or middle finger to take a photo.



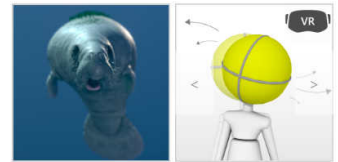
## SAMPLE SETTINGS



Duration

< >

90s



Duration

< >

90s

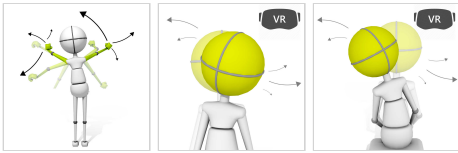


# FUNCTIONAL MOVEMENTS

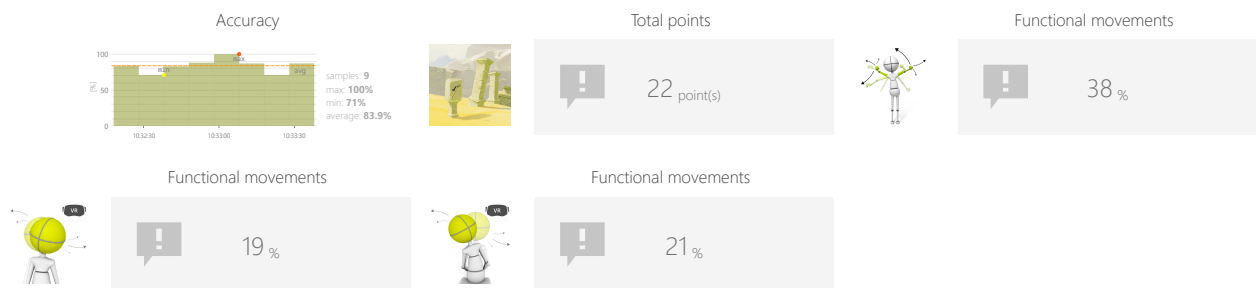
## ARCHEOLOGY

Measure and train individual's skills to perform movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

## CONTROL MODES



## RESULTS



## ADJUSTMENTS

- Task duration
- Stone hardness
- Hand

## OBJECTIVES

- Focusing
- Repetitive movements
- Relaxation
- Both hands grabbing

## INSTRUCTION FOR PATIENT

Position the chisel atop the stone, then strike it using the hammer. This action will break apart the stone, unveiling the hidden artifact within.



## SAMPLE SETTINGS



Difficulty	1/3
Duration	90s
Stone hardness	50%
Hand	Right



Difficulty	1/3
Duration	90s
Stone hardness	50%
Hand	Right

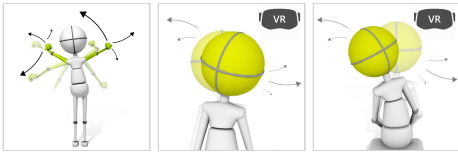


# FUNCTIONAL MOVEMENTS

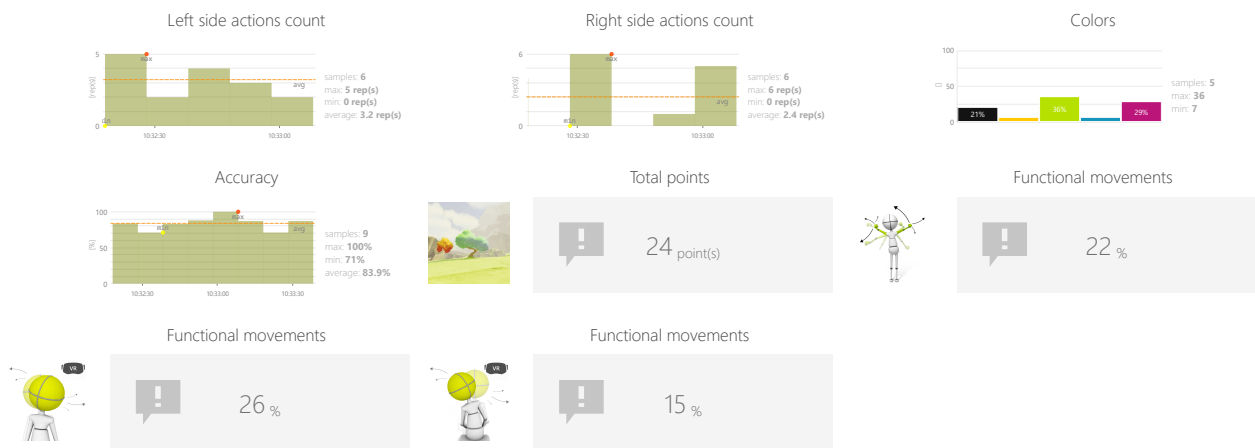
## PLANTING TREES

Measure and train individual's skills to perform movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

## CONTROL MODES



## RESULTS



## ADJUSTMENTS

- Task duration
- Hand

## OBJECTIVES

- Predicting the trajectory of objects in 3D space
- Movement precision
- Focusing
- Relaxation
- Both hands grabbing

## INSTRUCTION FOR PATIENT

Launch seeds using a slingshot at the targets highlighted by flying objects. Use your controller's joystick to choose from a variety of tree colors.





# FUNCTIONAL MOVEMENTS

PLANTING TREES

## SAMPLE SETTINGS



	
Duration	Hand
< >	Right
90s	

